

**Amendments to the Claims:**

The following listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A shoe or footwear item, comprising having

\_\_\_\_\_ a sole whose outer face is intended to come into contact with the ground and whose inner face is intended to come into contact with the foot of a wearer, said wherein the sole comprising comprises a dynamic support element which extending longitudinally with respect to a longitudinal axis (L) of the sole, on either side of said axis, characterized in that the dynamic support element is positioned in the sole such that it lies longitudinally beneath a zone corresponding to the arch of the foot, and comprises at least two elastically deformable components or parts located in the front and corresponding respectively to two lateral points of bearing on the ground, which are located on either side of the longitudinal axis (L) of said sole, the shoe for storing and releasing energy when the front part of the sole said sole is subjected to lateral stress by, and arranged so as to produce an antagonist dynamic interaction between said two the deformable components when said sole is subjected to stress.

2. (Currently Amended) The shoe footwear item as claimed in claim 1, characterized in that wherein the dynamic support element comprising a spring plate is positioned in the sole such as to lie at least partially beneath a zone corresponding to the arch of the foot, and at least a part of the front part of the foot.

3. (Currently Amended) The shoe footwear item as claimed in claim 2, characterized in that wherein the two deformable components or parts are joined or arranged on the spring plate.

4. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 3, characterized in that wherein the dynamic support element comprises at least one set of two deformable components or parts, arranged on either side of a metatarsus support zone.

5. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 4, ~~characterized in that wherein~~ the spring plate (3) comprises at least four arms, defining an X shape ~~for example~~, each of the arms bearing on a pad constituting an elastically deformable component ~~or part~~.

6. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 5, ~~characterized in that wherein~~ each pad is an attached compressible piece.

7. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 5, ~~characterized in that wherein~~ the spring plate has a central part extending transversely with respect to a longitudinal axis (L) of the sole, the arms extending obliquely toward the pads from said central part.

8. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 7, ~~characterized in that wherein~~ the central part has a transverse groove, located in said sole in the zone corresponding to the position of the metatarsus, thus allowing elastic deformation of the spring plate along an axis substantially normal to the longitudinal axis (L).

9. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 5, ~~characterized in that wherein~~ the spring plate has thicker parts, at least locally.

10. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 9, ~~characterized in that wherein~~ the thicker parts are made of an elastic material and are locally thinned.

11. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 5, ~~characterized in that wherein~~ the dynamic element is a spring plate with shape memory.

12. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 5, ~~characterized in that wherein~~ the spring plate is fastened for example by adhesive bonding to the inner face of the outer layer.

13. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 5, characterized in that wherein the spring plate comprises at least one V-shaped piece.

14. (Withdrawn-Currently Amended) The shoe footwear item as claimed in claim 5, characterized in that wherein the spring plate comprises at least two V-shaped pieces assembled in opposition.

15. (Currently Amended) A shoe footwear item comprising comprising  
a sole whose outer face is intended to come into contact with the ground and  
whose inner face is intended to come into contact with the foot of a wearer, wherein the sole  
comprises a dynamic support element; a sole extending in a longitudinal direction (L), from a  
front end to a rear end, whose outer face is designed to come into contact with the ground and  
whose inner face is designed to support the foot directly, said sole comprising  
an element for the dynamic support of the movement of the foot, characterized in that said  
wherein said dynamic support element is being designed for a lateral  
movement of the foot in any direction (T) transverse to the longitudinal direction (L), and is  
arranged at least in the front part of the foot and extends in a direction perpendicular to the a  
plane of the sole, or its thickness, between the outer face (including the latter) and the inner  
face (including the latter) of said sole, said dynamic support element comprising  
at least two elastically deformable components or parts for the located in the  
front and part of the foot, arranged in the front part of the sole respectively on either side of  
the longitudinal direction axis, and aligned in the transverse direction (T), each support  
elastically deformable component being elastically deformable in a direction perpendicular to  
the plane of the sole, sole and in directions relative to a position short of (compression) and  
beyond (expansion) a nominal position or conformation under the effect of the weight of the  
body, via the foot, respectively when the foot bears laterally on either of the deformable  
components and when said bearing force ceases.

16. (Currently Amended) The ~~shoe~~ footwear item as claimed in claim 15, characterized in that wherein the deformable components or parts are independent of one another.

17. (Currently Amended) The ~~shoe~~ footwear item as claimed in claim 15, characterized in that wherein the deformable components or parts are mechanically integral.

18. (Currently Amended) The ~~shoe~~ footwear item as claimed in claim 15, characterized in that wherein the structure of the sole is a multi-component structure.

19. (Withdrawn-Currently Amended) The ~~shoe~~ footwear item as claimed in claim 15, characterized in that wherein the structure of the sole is a one-piece structure.